



GOLDEN DAYS

COMPANIONSHIP FOR SENIORS

A REFERRAL GUIDE FOR HEALTH & CARE PROFESSIONALS

Golden Days Outings ACT provides premium one-to-one companionship and social outings for seniors in Canberra — helping reduce isolation, restore confidence and bring genuine joy to everyday life.

Why Refer to Golden Days Outings?

Reduces Social Isolation

Regular outings provide meaningful human connection for seniors living alone or with limited social engagement.

Supports Mental Wellbeing

Structured social activity is linked to reduced depression, improved cognition and greater sense of purpose.

Complements Clinical Care

A non-medical companion service that fills the social gap clinical supports cannot — without overlapping them.

Trusted & Professional

All services are delivered personally by Kimberley Creech, who holds current Police and WWVP clearances.

Flexible Funding Options

We welcome private clients, NDIS self-managed and plan-managed participants, and Home Care Package clients.

Genuinely Person-Centred

Every outing is individually tailored — pace, preferences and destination shaped entirely around the client.

Our Services at a Glance

To make a referral or request printed materials:

■ 0421 465 978

✉ goldendaysoutings@gmail.com

■ goldendaysoutings.com.au